

Hip and pain support

NHS hip replacement

The NHS provides an overview of what recovery from a Hip Replacement may involve.

<https://www.nhs.uk/conditions/hip-replacement/recovery/>

The Pain Toolkit

The Pain Toolkit is for pain self-management and is designed for people who live with persistent pain and provide support via various Healthcare teams.

<https://www.paintoolkit.org/>

Versus Arthritis

The Versus Arthritis helpline is a free, confidential service, which is open to anyone affected by arthritis. Open from 9am until 8pm, Monday to Friday, the helpline advisors aim to bring all of the information and advice about arthritis into one place to provide tailored support for you.

<https://www.versusarthritis.org/>

Telephone: 0800 5200 520

The Hipster Club

The Hipster Club | WHEN YOU'RE JUST TOO HIP... This is a website/blog started by a member of public about hip replacements. It offers tips for others in the same position as well as a network of others on the same journey.

<https://hipsterclub.com/>

The Royal Osteoporosis Society local support

Search for a local support group in your area, provided by the osteoporosis society.

<https://theros.org.uk/information-and-support/support-in-your-area/find-your-local-support-group/>